

# SEL SPIRIT WEEK

MARCH 4TH - 8TH 2024

**MON  
4TH**

## INSIDE OUT!

Wear your clothes inside out to show how much your feelings matter. Let everyone see them on the outside!

**SELF-  
AWARENESS**

**SELF-  
MANAGEMENT**

## HEALTHY HABITS!

Wear your favorite athletic gear or comfy clothes to show that being active and taking care of yourself is important!

**TUES  
5TH**

**WED  
6TH**

## EMPATHY WALK!

Swap shoes or wear mismatched pairs to understand how others feel. It's about putting ourselves in someone else's shoes.

**SOCIAL  
AWARENESS**

**RELATIONSHIP  
SKILLS**

## UNITY IN UNIFORM!

Dress in military or sports uniforms to show teamwork and unity. It's about working together and supporting each other.

**THUR  
7TH**

**FRI  
8TH**

## FUTURE FOCUSED!

Dress up as your future job to envision your goals. It's about imagining your future and aiming high for your dreams

**RESPONSIBLE  
DECISION-  
MAKING**



**MORE INFO:**

[bit.ly/ECISDSELWeek](https://bit.ly/ECISDSELWeek)

Use #ECISDSEL and #SELday as you share pictures!